

Citrus fruit: Vitamin C is thought to increase the production of white blood cells. Grapefruit, oranges, tangerines, lemons, limes, clementine.

Red bell peppers: They contain twice the amount of Vitamin C as citrus. Also packed with beta carotene.

Broccoli: Packed with Vitamins A, C, and E, antioxidants, and fiber.

Spinach: Antioxidants, beta carotene. Do not overcook! Light cooking enhances the Vitamin A.

Garlic- Immune boosting properties come from the sulfur-containing compounds (allicin).

Spices: Ginger, turmeric, and capsaicin (from chili peppers) can be easily added to your chicken broth, soups, stews, stir- fry's, and salad dressings.

Zinc: Oysters, clams, shrimp, mussels, cashews, liver, beef, egg yolks.

Yogurt: Look for "live and active cultures" on the label, like Greek yogurt. Great source of Vitamin D.

Almonds: Have lots of Vitamin E (fat-soluble vitamin which means it needs fat to be absorbed properly). A half-cup serving (about 46 shelled ones), provides almost 100 percent of the recommended daily amount of Vitamin E.

Omega-3 fatty acids: May help reduce anxiety. Walnuts, fatty fish (wild Alaskan salmon), oysters, fish, trout, hemp seeds, and beans.

Green tea: Packed with antioxidants. Great source of amino acids which aid in germ fighting inside your cells. Steep it leaf or bag!

Kiwi: Folate, potassium, Vitamin K, Vitamin C. Boosts white blood cells to fight infection.

Poultry: Think chicken soup! High in Vitamin B-6! B-6 helps produce new healthy red blood cells. Stock or broth work.

Fiber: Mushrooms, leafy greens, grains, seeds, beans

DO NOT OVEREAT!

SLEEP! 7-8 hours/night

Limit Alcohol and Stay Hydrated!

MOVE!! 30-60 minutes most days of the week! **GET OUTSIDE!!** Mother Nature is the best kept secret on the planet!!!! **STAY POSITIVE!** Laugh, connect, meditate, be spiritual, help others.

